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It is our great pleasure to present this Supplement Issue on “*Macedonian Pharmaceutical Bulletin*” to the scientific and professional community. This supplement includes the short communications from the *Sixth Congress of Pharmacy in Macedonia with International participation*, as the largest gathering for the pharmacy profession held in the Republic of Macedonia. The main theme of the Congress was “Modern pharmacist - bridging science with practice”.

A broad spectrum of topics within the pharmaceutical sciences and practice carefully selected for this special occasion in order to build up a highly interesting and comprehensive program were covered. The contributions submitted to the Congress included 6 plenary lectures, 84 section lectures, and more than 240 posters. This Congress, followed the excellent international tradition, was attended by close to 1000 domestic and foreign participants. We received 326 short paper submissions from more than 25 countries. These numbers show that our Congress is aiming for the highest scientific standards, and that it can be considered a well-established venue for researchers in the broad fields of Pharmaceutical sciences and practice.

We would like to thank all internationally prominent researchers for their contribution to reinforcing the overall quality of the Congress. They give the state of the art of the recent advances in the field of pharmacy research.

Sincere thanks to the hosts of the Sixth Congress of Pharmacy in Macedonia with International participation, Macedonian Pharmaceutical Association and Faculty of Pharmacy, Ss Cyril and Methodius University in Skopje for their vision and commitments.

We acknowledge the sponsoring companies: the platinum sponsor AD ALKALOID, Skopje, the golden sponsor PLIVA, the silver sponsor EUROFARM and the bronze sponsor SEPTIMA, for the permanent support to our efforts during the organization.

We would also like to thank our members of the Scientific Committee for their volunteer time and dedication to the critical peer review process and in the organization of the program. We also wish to thank all the members of the Organizing Committee, whose work and commitment was invaluable.

On behalf of the Advisory and Scientific Committees, we would like to especially thank the authors, whose work was the essential part of the congress and contributed to a very successful event. Besides the many academic staff and professionals who contributed to the success of the Congress, we are grateful to the students who participated with oral presentations and posters.

The pharmaceutical sciences continue to grow as dynamic scientific interdisciplinary fields. We believe that published short communications will be an excellent source of scientific material in the fast evolving fields in Pharmaceutical sciences and practice.

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The present issue of *Macedonian Pharmaceutical Bulletin* is a special issue of the 6th Congress of Pharmacy in Macedonia with international participation.

This issue of *Macedonian Pharmaceutical Bulletin* contains short papers accepted by the scientific committee for the presentation at the Congress.

The authors are fully responsible for the contents of their short papers.

All reviewers that were involved in the short papers revision process are sincerely acknowledged.



Pharmaceutical care for people with depression: experiences and challenges

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Introduction

One of the most significant health issues are the disorders of mood because they have a significant effect on the quality of life of the patients, their families, their working and wider social surroundings. According to the World Health Organization (WHO, 1992; WHO, 2001), mood disorders are the fourth cause of morbidity and mortality with a tendency to move to the second place by the 2020. The prediction that there is going to be an increase in the number of ill in the future comes from the facts that the factors of risk, like stress, are in constant rise, that the demographic image (ageing of the population) is changing which has an effect on the rise of comorbidity of these illnesses with the chronic illnesses of the elderly population and that the incidence of genetically predisposed depressions increases etc.

Patients with depression are often not in a state to correctly apply the prescribed pharmacological therapy which leads to cessation/disruption of therapy, inadequate treatment of depression which as a consequence has frequent hospitalizations, incapability to work and are marginalised and stigmatised by the community. That is why a pharmacist through an interdisciplinary approach and appliance of pharmaceutical care can affect the proper selection of therapy and can also make a follow up of the patient, counsel him/her about the side effects and interactions, and finally improve the quality of life of the patient suffering from depression which is the final goal of including pharmacists and pharmaceutical care into a multidisciplinary team (Binakaj, 2015). Keeping track of compliance and concor-

dance in use of the medication for the nervous system is of special importance. The development of pharmaceutical studies, increase of pharmaceutical industry as well as the changes in healthcare systems and policies sets additional challenges which include continuous monitoring of the needs of patients as well as the trade and consumption of medications for the sake of rational medication administration.

To define, describe and question the role of pharmacists in the treatment of patients suffering from depression, as well as measure the impact of pharmaceutical care on significant parameters in treatment of depression like the selection of appropriate therapy according to the guidelines, adherence of the patient, quality of life, work capability, anxiety, side-effects and interactions.

Materials and methods

The study is a randomised controlled clinical study in which a psychiatrist in General Hospital Tesanj will randomise patients according to the methods of random selection and the criteria of inclusion and exclusion defined in the protocol. The target population is adult patients 18 to 75 years old who suffer from diagnosed depressive episodes (according to the criteria set up for the diagnosis) and who are treated in General Hospital Tesanj (Bosnia and Herzegovina). A pharmacist will set up monthly appointments for the patients and educate them about depression and medications with a special review of side-effects and interactions of medications. During this study the pharmacist and the doctor will have two meetings where they will analyze observations of the pharmacist and evaluate the impact of pharmaceutical care with the intervention group.

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The standard group will only fill in the questionnaire about quality of life during their regular visit to the doctor at the beginning of the study, after three months and after six months of the study. The gathered data will be analyzed with the SPSS software for statistical analysis of data and it will include qualitative and quantitative elements.

Results and discussion

Forty eight patients were monitored in this research, 11 men and 37 women, where we notice that the incidence of depression is more frequent in women, which is also visible in the research of WHO 2008.

During this research three tests were conducted using which we gathered information which showed us the significance of a pharmacist in the treatment of patients suffering from depression. Consideration of the anxiety test showed that the treatment with a team which includes a pharmacist compared to a team without a pharmacist shows progress in the treatment because there was a significant decrease in irritability and anxiety. 56% of the patients had these symptoms during the first visit while this figure in the third visit was 4.3%. When considering the questions from the life quality test we didn't get significant results which showed us progress in the patient's depression treatment with the presence of a pharmacist in an interdisciplinary team. Also, the patients' life test showed us the contribution of the pharmacists in the treatment of patients with depression.

These results showed us that the pharmacist should be included in the interdisciplinary team which takes care of the treatment of patients with depression and by further educating the pharmacist in the area of mental disorders, especially depression; even better results would be achieved. A research conducted in Belgium about the role of pharmacists in the care of patients with depression showed that

pharmacists are not sufficiently involved in the treatment of patients with depression as well as the insufficient education of the pharmacists regarding mental disorders (Liekens et al., 2012). Pharmacists are the most devoted health professionals – patients visit pharmacists seven times more than they visit doctors. These data show us that pharmacists through pharmaceutical care can make the fastest and the cheapest contribution to a good outcome of this multidisciplinary approach in the treatment of patients with depression.

Conclusion

The high prevalence of depression and anxiety disorders and the trend of growth of the affected demand a detailed analysis of causes, treatment, comorbidity and interactions, as well as keeping track of the consumption of medications for the rehabilitation of symptoms caused by these disorders which in the future could facilitate improvement of adherence, the effect of therapy and improvement in quality of life.

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